

KFL&A Alzheimer News



COMING SOON!!!!

We couldn't be more excited to share that we will be offering the Minds in Motion program very soon throughout KFLA. This program would not be possible without the support of Ontario Health. Minds in Motion is a well-researched evidence base program that offers participants two hours per week for eight weeks the opportunity to come together for exercise and socialization with others on the dementia journey. Our goal is to have the new person in place, trained and offering the program by April 1st. Stay tuned for more information.

2024 promises to be another busy year, with new programs, fundraising events, and accreditation. Make sure you keep an eye here as well as on our calendar. In order for us to continue to grow we are in need of volunteers we are currently recruiting volunteers if you are interested in giving back to your community, please consider volunteering with us. We have a range of opportunities available such as program support, fundraising and events, office, and committee work.

If you are in need of support or would like to volunteer we encourage you to call or stop by one of our office for further information.

Vicki Poffley

Executive Director



In Person Groups:

We are pleased to share that our in-person groups continue in Kingston 613-544-3078, Napanee 613-354-8937 Extension 7220 and Northbrook 613-827-6700. If you would like more information about groups in your area please call your local office. If you are a person living with or caring for someone with memory impairment note that you must register for groups in advance. You can do so by contacting Justine Carlson at 613-544-3078 x 202 or at jcarlson@alzking.com.

The current schedule for the groups (Registration Required to attend) at our Office is:

Monday: 10:00am-Noon **Mixed Support Group**
with **Caregiver Chat** 10:00am till Noon

Tuesdays: 10:00am - Noon **Men's' Support Group**

Tuesday 1:30 pm to 3pm- **Men's Support Group**

Wednesdays: 10:00am -11:30am - **Ladies' Support Group**

Both Online and in - Person:

Caregiver Café every Tuesday from 1:30pm - 3:00pm - [ZOOM](#) also in person in the office

Drop In Groups for Caregivers In Person: -no registration required

Thursdays 10:30am -Noon -Napanee Office

Thursdays 1-3pm Drop in Coffee Social -Kingston office

At the Request of Participants, the following Groups will continue to meet on Zoom:

Musical Happy Hour with Max & Friends 2nd & 4th Mondays of each Monday **6:30pm**

Caregiver Evening Café 2nd Tuesday of the Month - 7:00pm - **ZOOM**

4th Thursday of the Month Virtual Caregivers Group 5:30 - 7:00pm **NEW TIME! Zoom**

Gentle Exercises - Wednesdays at 1:30pm

Note* Zoom Links for handy reference or find them in your calendar!

NEW -Memory Café every Monday at the Napanee Office in person from 10 am to Noon

Also New Virtual Caregivers of Parents Support Group - First Tuesday of the Month via Zoom - link here

Please arrive no earlier than 15 minutes before group begins and all groups end at time noted.

Are you supporting someone with Dementia/Memory Loss? We are here to help you!

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

We offer one on one support as well as:
Support groups
Activity programs
Online Exercise Programs
all at no cost to you.
All provided in a safe inclusive space.



613-354-8937 ext 7220 

www.alzheimer.ca/kfla 

26 Dundas Street West 
Napanee K7R 1Z4

Email: lross@alzking.com



Alzheimer *Society*

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Virtual Support Group for Caregivers of Parents

On the First Tuesday of the Month starting Tuesday February 6, 2024

**Children who are
caring for a parent
with dementia
will be able to
attend our virtual
support group via
Zoom once a
month.**

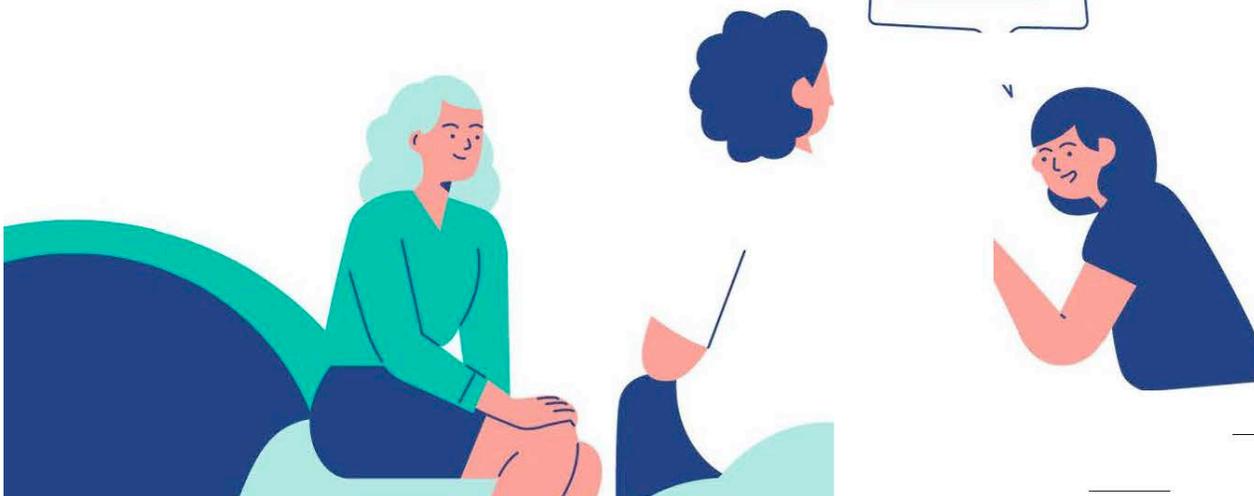
**Tuesday, February 6th
5:30 pm to 7:00 pm
Via Zoom**

**For registration and
inquiries:**

613-354-8937 ext 7220

lross@alzking.com

Scan QR code



Alzheimer Society

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LENNOX & ADDINGTON

Memory Cafe

A social program for people with dementia and their caregivers featuring social interaction, games, fun and laughter.

When: Every Monday starting February 5th
10:00 am -12:00 pm

Where: Napanee Alzheimer's Office, Napanee Area
Community Health Centres, 26 Dundas St.

Why: To offer families support, meet other people
and to have fun!

How to sign up?

Call (613) 544-3078
Email lross@alzking.com
Scan QR Code



Six Valentine's Day ideas for celebrating with someone with Dementia



For many of us, Valentine's Day marks a special time dedicated to recognizing and appreciating our significant others.

However, if your spouse or partner has Alzheimer's or other kind of dementia, the holiday might also bring about painful reminders of the aspects of your relationship that have changed.

While it can be difficult or even painful to celebrate Valentine's Day when your partner is unable or unwilling to actively participate, for couples who regularly honored the day, it might be even more painful to pretend it doesn't exist.

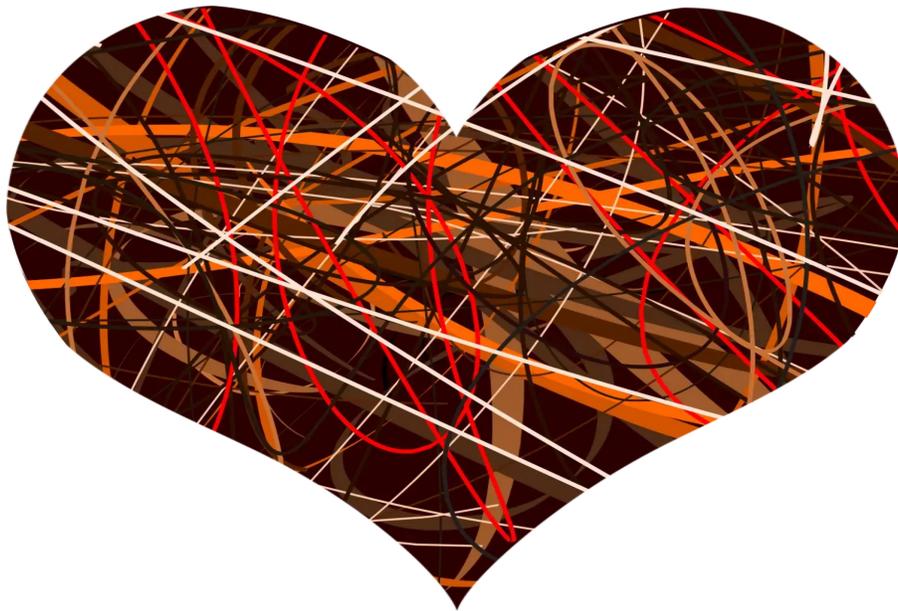
Despite complications that come with the progression of dementia, there are still ways you can stay connected with your loved one, and appreciate your love for them, both past and present.

Show your love, past and present, with these 6 ideas to make your day special:

1. If you're married, go through photos or video from the day together.
2. Bake and decorate heart shaped treats.
3. Watch a romantic comedy, or other favorite film, together.
4. Reminisce on the day you met or how you fell in love.
5. Brighten up a space with a fresh flower arrangement.
6. Enjoy a special meal together from your favorite restaurant (and remember, you can always order it to-go if you're concerned about eating out)

Ultimately, acknowledging your partnership is the best you can possibly do for a partner with dementia — and for yourself. Remind them that they are loved that they love you, and that you continue to share a connection.

Valentines Day Art Drop In



**Kingston Office
Clients and caregivers both
welcome to participate**

**February 8th 10-12
Please register with Justine at
613-544-3078 ext 202**

Carruthers Wharf Fundraising a Major Success!

January is such a difficult time of year. Outside is often gloomy, windy and even slippery. So, we decided in our building, Carruthers Wharf, to clean cupboards, and have a rummage sale. The proceeds would go to the Alzheimer Society to support our clients and their families.

We planned the sale for the third week of January, hopefully before our folks travelled to escape the cold weather.

The morning of the sale, people arrived in droves, with everything you can imagine, —appliances, dishes, glassware, bags of all description, and plants. We were overwhelmed. However, folks did come back and shop. Others just arrived to give us a donation.

At the end of the day, we had made 2000 dollars for the Alzheimer Society and had a lot of fun.

Perhaps the best part was that a couple in our building is involved with a refugee association and so all of the usable items that were left went to them, to help a new person in our community, set up their home.



Paint Night Date Night



Join us as we teach you how to create your own artwork. You can hang out with others and enjoy some refreshments.

All Supplies, Food & Drinks Included

**Wednesday, February 28th
6 pm to 8 pm**

\$30.00 per person

Call for reservations 613-544-3078

MOVIE NIGHT AT KINGSBRIDGE



950 Centennial Drive
Kingston K7M 0G8

Please register to attend!
RSVP 613-544-3078

Please note Persons
Living with a Diagnosis
must be accompanied by
a Caregiver



Thursday
February
15th
starting at
6:15pm

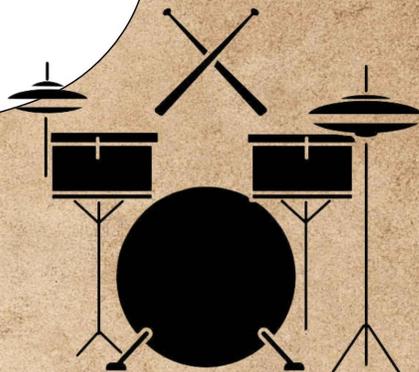
Romance
Movie to be
Announced

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KINGSTON, FRONTENAC, LENNOX & ADDINGTON



LIVE MUSIC VIA
**ZOOM
MUSIC
NIGHT**

MAX GLENN AND WAYNE WITH FRIENDS



**BEST
LIVE
MUSIC**

2nd and 4th Monday night of the Month (excluding Holidays)

6:30pm

<https://alzheimersociety.zoom.us/j/95805318149>

or click on the link in the Calendar

For more information contact the office at
613-544-3078 or email reception@alzking.com



Gentle Exercise via Zoom

No signup required - Wednesdays at 1:30pm

The Alzheimer's Society of KFL&A is pleased to announce our gentle exercise program will be continuing this January. Strengthening and mobility are important components of a healthy body and lifestyle and can reduce your risk of pain and injury.

We are excited to provide this program as strength and mobility training are important factors in our physical, mental health and overall well-being. As summer approaches, let's work together so we can get outside and perform our favorite activities without pain!

Why Is Physical Activity Important?

The importance of physical activity cannot be understated. Physical activity can help you feel better, reduce stress, and maintain health. It helps to prevent muscle weakness and health complications associated with inactivity.

Physical activity also promotes a normal day-and-night routine and may help to improve mood. The type of activity that works best for you will depend on your fitness level, present activity level, and overall health.

Exercise comes in many different forms. The gentle exercise program will encompass many different aspects of exercise, specifically targeting areas of mobility, muscle strengthening, and improving balance.

Gentle Exercise Program Details

The program will run for four weeks. One exercise class will be held each week online at Zoom, every Wednesday at 1:30 pm. The class will last for one hour. Caregivers are encouraged to join in with their loved ones. The first class will start on February 7, 2024, at 1:30 pm.

There will be a question-and-answer portion at the end of each session, where you will have the ability to ask questions and be provided with feedback on health and related matters.

The gentle exercise program will be suited for all individuals, whether you have prior experience with exercise or not. Modifications and progressions will be added to help tailor the program to your physical fitness needs.

If you are interested in registering for the gentle exercise program or have any questions; please contact Colton Sedore - 613-544-3078 ext. 209 - recreation@alzking.com.

Falls Prevention Session



Presented by Colton and Justine
February 29, 2024
10:30 - Noon

Kingston Office

Please register with Justine at 613-544-3078 ext 202

Respite care is available if required

Get a physical and mental boost with Minds in Motion!

Alzheimer Society | Minds in Motion®

Minds in Motion® is an evidence-based program that includes physical exercise, social and mind stimulating activities for people living with mild to moderate dementia and their care partners. This program is being offered virtually over Zoom, 1.5 hours a week for 8 weeks.

This is a great environment to establish new friendships with others who are living with similar experiences.

Combining physical, mental and social stimulation can:

- Improve brain health
- Improve mood & decrease the risk of depression
- Reduce sense of isolation
- Improve balance, mobility, flexibility and alertness

Upcoming available sessions:

- [Thursday, Nov. 16th-Jan.18th
10am-11:30am](#)
- [Wednesday, Jan. 17-March 6th
1pm-2:30pm](#)
- [Monday, Jan. 8—Feb. 26th
10am-11:30am](#)
- [Thursday, Feb. 1st—March 21st
10am-11:30am](#)
- [Tuesday, Feb.6th—March 26th
1:30pm-3pm](#)

To find out more or to register, click on the date your interested in above to contact the Minds in Motion Facilitator, or email Vanessa at

vbarnes@alzheimersarnia.ca

Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON



If you are a business and want to contribute, there are several ways you can help:

- You can offer a discount on your products or services.
- You can host a contest or event to raise awareness and funds for the Alzheimer's Society.
- You can offer a special promotion and donate a portion of the proceeds to the Alzheimer's Society.
- You can provide a special service to support the cause.
- You can also put out a donation collection container to encourage people to donate to the Alzheimer's Society.



You can fundraise in many ways!

Would you be interested in hosting a fundraiser with your coworkers, family, or friends? Or with a group or an organization that you belong to?•

- Coffee break/tea party
- Bake sale
- Book club
- A special Dinner / Luncheon / Breakfast event
- Game / Trivia night / Card Party
- Sporting, exercise event
- Karaoke
- Silent auction / Raffle 50/50
- Contest or Challenge
- Paint, craft event
- Offer Lessons in cooking, music, dance



Gift Giving!

Are you planning to celebrate a special occasion such as a birthday, wedding, or anniversary?

- Host a tribute in honour of a loved one or in memory of
- Instead of gifts, encourage family and friends to donate to the Alzheimer Society.
- Create a challenge for yourself that friends and family can sponsor.

Contact fundraising@alzking.com 613-544-3078 ext 204

**IG WEALTH
MANAGEMENT**

WALK FOR ALZHEIMER'S

Alzheimer Society

Volunteer Event Planning Committee

Walk for Alzheimer's is the Society's largest community fundraiser. Join in on the big event and work with our fundraising Team in planning and implementing ideas to make this years event bigger and better.

- ✓ Event Promotion
- ✓ Create Event invitations, flyers, posters
- ✓ Find Sponsorship opportunities
- ✓ Create, plan, host games/activities.
- ✓ Promote Walk In a Box
- ✓ Entertainment, Photography

First Meeting date:
Monday February 26 6:00-7:00pm
Inperson / Zoom options available



SIGN UP TODAY! [HTTPS://WWW.SIGNUPGENIUS.COM/GO/10C0945AAAB2EA1FBC16-47585772-WALK](https://www.signupgenius.com/go/10c0945aaab2ea1fbc16-47585772-walk)



613-544-3078 ext 204



fundraising@alzking.com

Sponsored by:



medium roast coffee blend

"FORGET ME NOT"

Purchase yours today, or buy some as a unique gift for family members, friends, or neighbors!

Cost is \$16.00 per pound

\$5.00 of the proceeds from the sale of the coffee will go to the Alzheimer Society of KFLA.



In addition to cash and checks, we accept credit and debit cards

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

ALZHEIMER'S APPAREL IS NOW AVAILABLE!!

Shop our online merch store and help
support our mission!

www.usimiapparel.com/AlzheimerKingston/shop/home

\$10.00 per item will be donated to the
Alzheimer Society of KFL&A.

For Inquires email fundraising@alzking.com



1200 Princess Street, Kingston, ON, K7M 3C9
Phone: 613-544-3078
Email: ask@alzking.com
Website: www.alzheimer.ca/kfla
Facebook: facebook.com/alzheimerKingston

Help for Today. Hope for Tomorrow...®

Of interest to our Clients and their Families: Advance Care Planning – Ontario

This website will help Ontarians learn about Advance Care Planning (ACP).

- The website begins with an explanation of what ACP is and then guides you through the ACP process. Along the way it will introduce and explain the concepts of informed consent, mental capacity and substitute decision-making.
- ACP is conversations to help people and their substitute-decision-maker (SDM) prepare for future healthcare decisions.
- This website will help you learn about the process, think about what's important to you and how to involve your SDM.
- It also contains information about Ontario law and substitute decision-making.

advancecareplanningontario.ca

Independent Living Centre Kingston

Visit us at 540 Montreal Street and check out our Community Lending Library!

We have tons of assistive devices that are

-sanitized

-gently used

-available for loan at no cost

Contact us at: 613-542-8353

or by email: Info@ilckingston.com



Land Acknowledgement

The Alzheimer Society Kingston, Frontenac, Lennox and Addington acknowledges that our work takes place on the traditional territories of the Algonquin, Anishinaabe, Haudenosaunee and Huron-Wendat and is home to Shabot Obaadjiwan First Nation, one of ten communities that make up the Algonquins of Ontario. We acknowledge the Mohawks of the Bay of Quinte and recognize that our region is home to First Nations, Métis, and Inuit from across Turtle Island, as well as Indigenous Peoples from other areas of the world.

Staff Directory Main Number 613-544-3078 (unless otherwise indicated below)

Vicki Poffley, Executive Director Ext. 207 vpoffley@alzking.com

Kim Parkinson, Administrative Assistant Ext. 201 reception@alzking.com

Sarah Winkelman, Client Service Manager -1st Link Navigator Ext. 210 Firstlink1ASKFLA@alzking.com

Krystian Martin, 1st Link Care Navigator Ext. 206 Firstlink2ASKFLA@alzking.com

Michelle Moore, Fundraising Coordinator Ext. 204 fundraising@alzking.com

Colton Sedore, Recreation Coordinator Ext. 209 recreation@alzking.com

Justine Carlson, Program Coordinator Ext. 202 jcarlson@alzking.com

Jan White, Client Services Coordinator 613-329-7078 jwhite@alzking.com

Pam Lemke, Northbrook Client Services Coordinator 613-327-6700 plemke@alzking.com

Lorraine Ross Education and Support Services Napanee Office 613-354-8937 ex 7220 lross@alzking.com

Did you know... the KFL&A Alzheimer Society has 3 locations to help our clients and caregivers find support and programs?

Kingston: (Main Office)

1200 Princess Street -Providence Care Village

Kingston, Ontario K7M 3C9

Phone # 613-544-3078 Fax: 613-544-6320

Email: reception@alzking.com

Napanee:

Napanee Area Community Health Centre (2nd Floor)

26 Dundas Street West

Napanee Ontario K7R 1H5

Phone # 613-354-8937 ex 7220 Fax: 613-544-6320

Email: lross@alzking.com

Northbrook:

The Emmanuel United Church

108 Addington Road, Northbrook Ontario K0H 2G0

Phone # 613-827-6700 Fax: 613-544-6320

Email: plemke@alzking.com

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p>4</p> <p>Mixed Peer Group & Caregiver Chat 10:00-Noon</p> <p>Memory Café 10-Noon NEW at Napanee Office</p>	<p>5</p> <p>Mixed Peer Group & Caregiver Chat 10:00-Noon</p> <p>Memory Café 10-Noon NEW at Napanee Office</p>	<p>6</p> <p>Men's Peer Group 10:00am -Noon & 1:30- 3:00pm</p> <p>Caregiver Café -1:30pm ZOOM or in office</p> <p>NEW Caregiver of Parents Zoom Support Group 6:30pm</p>	<p>7</p> <p>Ladies' Peer Group 10:00am -11:30am</p> <p>Gentle Exercises 1:30pm Zoom</p>	<p>8</p> <p>Valentines Art Drop in for Clients & Caregivers 10 - 12 -please register</p> <p>In Person Support Group Napanee Office 10:30am - Noon</p> <p>Coffee Social 1 - 3pm</p>	<p>9</p> <p>DAILY NOOZ GROUNDHOG DAY WILL HE OR WON'T HE?</p> 	<p>10</p>
	<p>11</p> <p>Mixed Peer Group & Caregiver Chat 10:00-Noon</p> <p>Musical Happy Hour with Max and Company 6:30pm ZOOM</p> <p>Memory Café 10-Noon NEW at Napanee Office</p>	<p>12</p> <p>Mixed Peer Group & Caregiver Chat 10:00-Noon</p> <p>Musical Happy Hour with Max and Company 6:30pm ZOOM</p> <p>Memory Café 10-Noon NEW at Napanee Office</p>	<p>13</p> <p>Men's Peer Group 10:00am -Noon & 1:30- 3:00pm</p> <p>Caregiver Café -1:30pm ZOOM or in office</p> <p>Caregiver Evening Chat 7:00pm - ZOOM</p>	<p>14</p> <p>Ladies' Peer Group 10:00am -11:30am</p> <p>Gentle Exercises 1:30pm Zoom</p>	<p>15</p> <p>In Person Support Group Napanee Office 10:30am - Noon</p> <p>Coffee Social 1 - 3pm</p> <p>Movie at Kingsbridge 6:15 - 9:15pm</p>	<p>16</p>	<p>17</p>
	<p>18</p> <p>Office Closed!</p>  <p>•HAPPY FAMILY DAY•</p>	<p>19</p> <p>Mixed Peer Group & Caregiver Chat 10:00-Noon</p> <p>Musical Happy Hour with Max and Company 6:30pm ZOOM</p> <p>Memory Café 10-Noon NEW at Napanee Office</p>	<p>20</p> <p>Men's Peer Group 10:00am -Noon & 1:30- 3:00pm</p> <p>Caregiver Café -1:30pm ZOOM or in office</p>	<p>21</p> <p>Ladies' Peer Group 10:00am -11:30am</p> <p>Gentle Exercises 1:30pm Zoom</p>	<p>22</p> <p>In Person Support Group Napanee Office 10:30am - Noon</p> <p>Coffee Social 1 - 3pm</p> <p>Virtual Caregiver Group 5:30 - 7:00pm NEW TIME!</p> <p>Zoom</p> <p>Trivia Night 6-8pm</p>	<p>23</p>	<p>24</p>
<p>25</p> <p>Mixed Peer Group & Caregiver Chat 10:00-Noon</p> <p>Musical Happy Hour with Max and Company 6:30pm ZOOM</p> <p>Memory Café 10-Noon NEW at Napanee Office</p>	<p>26</p> <p>Mixed Peer Group & Caregiver Chat 10:00-Noon</p> <p>Musical Happy Hour with Max and Company 6:30pm ZOOM</p> <p>Memory Café 10-Noon NEW at Napanee Office</p>	<p>27</p> <p>Men's Peer Group 10:00am -Noon & 1:30- 3:00pm</p> <p>Caregiver Café -1:30pm ZOOM or in office</p>	<p>28</p> <p>Ladies' Peer Group 10:00am -11:30am</p> <p>Gentle Exercises 1:30pm Zoom</p> <p>PAINT NIGHT \$30 per person</p>	<p>29</p> <p>In Person Support Group Napanee Office 10:30am - Noon</p> <p>Coffee Social 1 - 3pm</p> <p>Falls Prevention Session 10:30 to Noon</p>	<p>Kingston: Events Red: Person Living with a Diagnosis Blue: Groups for Caregivers Green: Special Events Purple: Napanee Orange: All Welcome Caregivers and Persons Living with a Diagnosis</p>		